

## Weider Home Gym Exercise Guide

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Weider 8510 Exercise Guide. By: Jo Jackson . Published: 08 July, 2011 . Grady Coppell/Photographer's Choice/Getty Images. The Weider 8510 is a small home-gym system that has a weight stack and pulley system to deliver resistance up to 209 pounds. The machine can work all the major muscle groups and has press arms. ...

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Weider Home Gym Exercise Guide

The Weider fitness company offers two home gyms that allow you to create resistance training, muscular endurance or aerobic workout routines. The X-Factor home gym is a progressive resistance machine that uses pulleys providing up to 210 lbs. of resistance, while the Club 8980 W machine uses pulleys and weight stacks to provide up to 175 lbs. of resistance.

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Not a great exercise in my opinlon, because it isolates the legs, making your total body workout last longer. The gym has an adjustable weight stack of 36kg or 80lbs and uses a pulley system to double up the the total possible weight on the gym up to 73kg or 160lbs. ... or you can download the Weider 8510 Home Gym manual from us here.

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Versatile station: The machine is a perfect gym that makes your whole-body fir and shapes, giving six workout options, chest press, butterfly press, leg developing, a preacher curl, lat pulldown, and low pulley.These stations promise a perfect life with an ideal body. See more: Weider 2980 Home Gym With 214 Lbs. Of Resistance. Adjustable Lat bar: The lower and upper pulley with an excellent ...

Weider Home Gym Systems Exercise Guide

Just like the product name suggests, Weider Power Tower is a complete solution for your strength training and power building exercise needs. Carrying the reputation of Weider to the next level, the home gym allows you to perform a range of exercises, thanks to its excellent assembling of knee raise station, a multi-grip pull-up station, a dip station, and a push-up station.

Weider Home Gym Workout Plan | SportsRec

Weider home gym exercise chart is highly useful since the gym equipment is very versatile. You can do various exercises on it. However, doing the exercise without proper guide will bring you more harm than good.

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